



## Calhoun: The NPS Institutional Archive

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Institutional Publications

Institutional Publications (Other)

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1997

# NPS Family Services Classes, 1997

Naval Postgraduate School Family Services

Monterey, California: Naval Postgraduate School.

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<http://hdl.handle.net/10945/40987>



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**Monterey, California USA 93943**

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## ANGER MANAGEMENT 1

Date: May 16th

Time: 9:00 - 11:00 a.m.

Place: Family Service Center, Bldg 2

This class will help individuals control and better manage their anger. We will discuss the following topics:

Anger Myths and Truths

The Unhealthy Consequences of Anger

Anger Cues and Self-Identification

The A, B, C, of Identification and Change

How to Control Your Anger So It Doesn't Control You

## STRESS MANAGEMENT TECHNIQUES AND YOUR WELLNESS

Date: May 19th

Time: 4:30 - 6:00 p.m.

Place: Family Service Center, Bldg 2

This class will focus on techniques to better cope with stress and reduce tension in your life. Participants will be asked to formulate a plan of action to reduce some of these stressors. Some relaxation and tension reduction exercises will be provided. We will also watch a video with helpful suggestions.

## RESUME WORKSHOP

Date: May 21st

Time: 1:00 p.m. - 4:00 p.m.

Place: Family Service Center, Bldg 3

#### INTERVIEWING SKILLS WORKSHOP

Date: May 28th

Time: 1:00 p.m. - 4:00 p.m.

Place: Family Service Center, Bldg 3

#### CAR BUYING STRATEGIES WORKSHOP

This class was rescheduled from June 4

Date: June 25th

Time: 1:00 p.m.

Place: Family Service Center, Bldg 3

#### KIDS ON THE MOVE WORKSHOP

This is a workshop for kids ages 5-12 that have relocated to the Monterey area.

Date: June 26

Time: 10:15 - 11:15

Place: Family Service Center

Class size is limited so don't hesitate, ENROLL NOW!

For more information or reservations please call 656-3060/3488